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## ROLE OF *MEDHYA RASAYANA CHIKITSA* IN SENILE DEMENTIA

<sup>1</sup>RUCHIKA M CHAUDHARI, <sup>2</sup>VIJAY BHAGAT\*

1: P.G Scholar, Dept. of Samhita-Siddhanta, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat

2: Associate Professor, Dept. of Samhita-Siddhanta, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat

\*Corresponding Author: Dr. Vijay Bhagat: E Mail: [vijay.bhagat260001@paruluniversity.ac.in](mailto:vijay.bhagat260001@paruluniversity.ac.in)

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### ABSTRACT

Senile Dementia is Most Common Disease in old age people .Which is negligible now a Days. Senile Dementia is the Mental Deterioration Means loss of intellectual ability that is associated with or the Characteristics of old age. Senile Dementia is the characterized by the Decrease in cognitive abilities or mental decline. In Ayurveda Rasayan chikitsa called as Anti ageing therapy. Which is useful in senile Dementia. Mainly Medhya Rasayana is Effective. Mandhukparni Sawarasa, Yashtimadhu Churna, Guduchi Sawarasa, Sankhpushpi Kalka Given with cow milk. Medhya Rasayana increase the bala, varna and agni also medhya effect.

**Keywords: Senile Dementia, Rasayana Chikitsa, Medhya Rasayana**

### INTRODUCTION

Dementia is one of the major causes of disability in elder age. It mainly affects older people. only 2% of cases start before the age of 65 years. After this, the prevalence doubles with every five year increment in age<sup>1</sup>. Some *rasayana* possess *medhakara* effect and hence specially known as *medhya rasayana*. *Medhya*

*Rasayana* is a group of ayurvedic nootropic medicines, which enhance cognitive functions and improve memory.

### MATERIAL METHOD

*Chakrapani* explains that a person undergoing *rasayana* may attain healthy ageing, *sukhayu* and longevity that exceed 100 years by preventing and cure of senility.<sup>2</sup>.*Dalhana* explains uses of

*rasayana* as it increases and maintains the optimum level of all body elements prevents and cures senility (*jarapaharana*) diseases.<sup>3</sup>

Dementia is a syndrome usually chronic, characterized by a progressive, global deterioration in intellect. It affects memory, learning, orientation, language, comprehension and judgement due to disease of the brain.

#### According to – THE DEMENTIA INDIA REPORT 2010<sup>4</sup>

Alzheimer's & Related Disorders Society of India .In 2010, there are 3.7 million Indians with dementia and the total societal costs is about 14,700 crore While the numbers are expected to double by 2030, costs would increase three times Families are the main carers and they need support .

#### *Medhyarasayn* includes :-<sup>5</sup>

*Mandookparni-Centella asiatica* – *Swarasa*

*Yashtimadhu* or Mulethi – *Glycyrrhiza glabra-Churna*

*Guduchi* – *Tinospora cardifolia* –*Swarasa*

*Shankhpushpi* – *Convolvulus pluriacaulis-Kalka*.

*Shankhpushpi* is considered best cognitive enhancer herb by *Acharya Charak*.

#### Benefiets of *Rasayana*<sup>5</sup>

*Acharya Susruta* explains the objectives of *rasayana* are

*Vayasthapana* – preventing ageing of body tissues

*Ayukara* – provides longevity ,

*Medhakara* – promotion of intelligence, learning and memory.

*Balakara* – provides strength

*Rogapaharana* - prevention and cure of diseases by promoting immune system.

#### DISCUSSION

##### Correlation in Ayurveda

SMRITI VIBRAMSAM

तत्त्वज्ञाने स्मृतिर्यस्य रजोमोहावृतात्मनः । भ्रश्यते  
स स्मृतिभ्रंशः ॥ (च शा 1/101)

The Person Atma (soul) Covering By Rajas and Tamas the Recollection of The Knowledge of Reality is impaired it is known as Smriti bhramsha ( Derangement of Memory) because the thing to be recollected is Deposited in Memory. Loss of memory – Tatwa gyana nasha ,learning, orientation – Rajo moha Avruta man,comprehension and judgement- Rajo moha Avruta man.

*Medhya rasayana* increase memory as well as Intellect by Prabhava (specific action). Medha means intellect and/or retention and Rasayana is the therapeutic preparation which is in regular practice will improve nourishment and balance the health, memory, intellect, immunity and hence longevity.

**CONCLUSION**

*Medhya Rasayana* have miraculous property to increase grasping power in all age and also improve *smriti* and *medha*. It improves cognition, memory, intelligence, creativity, learning skills and executive functions. These herbs have intrinsic nature to exert these effects on the human brain. So in dementia The combination of yshtimdhru, sankhpushpi, mandukaparni, guduchi churna given with cow milk or cow ghee for daily basis. Also these drug use separately with cow milk and ghee.

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